



Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer - 3rd edition

Christine Horner

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Breast cancer has reached epidemic proportions in the United States. Once a relatively rare disease, it now affects 2 to 3 million American Women. What can we do to protect ourselves? Christine Horner, M.D., has the prescription. Eat healthy foods, add a good dose of certain supplements, get the rest and exercise we need, and avoid things that are bad for our bodies. We each have a Warrior Goddess in us, and it's time to set her free.

Using the metaphor of the Warrior Goddess, this book explains what Ayurveda, an ancient system of healing, describes as our "inner intelligence." It also explores the various foods and supplements that enable women to prevent and successfully fight breast cancer, as they claim the healthy body that should be theirs. Dr. Horner has added a new chapter to the updated third edition of her award-winning book. In "The Spiritual Journey of Breast Cancer," she describes why cancer is a wakeup call, a time-out in which women can turn inward to evaluate their lives with the intent to restore good health and learn how to receive, allow, trust, and surrender as they cultivate their relationship with their intuition and a higher power. The final part of "Waking the Warrior Goddess" presents Dr. Horner's Thirty-Step Program for reclaiming health and defeating breast cancer. In addition this book includes an extensive, newly updated resources section for obtaining the particular nutrients and products that our bodies need to become and stay strong and healthy.

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